

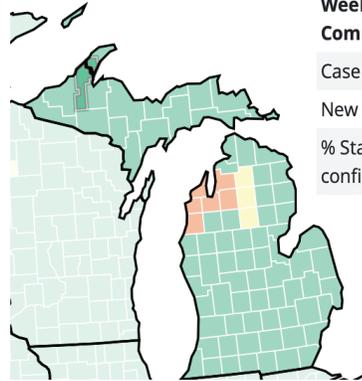
KIP COVID-19 Brief

March 28 - April 1, 2022

CASE TRENDS

COVID-19 Community Levels – Use the Highest Level that Applies to Your Community

New COVID-19 Cases Per 100,000 people in the past 7 days	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%



Weekly Metrics Used to Determine the COVID-19 Community Level

Case Rate per 100,000 population	78.47
New COVID-19 admissions per 100,000 population	2.2
% Staffed inpatient beds in use by patients with confirmed COVID-19	3.8%

● Low

In Houghton County, Michigan, community level is Low.

RESEARCH STUDY OF THE WEEK

Effectiveness of mRNA Vaccination in Preventing COVID-19–Associated Invasive Mechanical Ventilation and Death — United States, March 2021–January 2022

COVID-19 mRNA vaccines help protect against the most serious COVID-19 outcomes, even during Omicron*

Adults who received 3 doses of a COVID-19 vaccine were **94% less likely** to be put on a ventilator or die from COVID-19 compared with adults who were not vaccinated

Stay up to date with COVID-19 vaccines

* Among adults aged 18 years and older hospitalized at 21 U.S. medical centers during March 1, 2021–January 24, 2022

bit.ly/MMWR7712e1 **MMWR**

HEALTH & WELLBEING

TAKE A MOMENT TO Destress

- CLEAN UP**
Picking up your personal space or taking 5 minutes to do a task you've been putting off can help you feel more relaxed.
- JOURNAL**
Do you feel like you have a million thoughts all at once running through your head? It might help to write some of them down!
- GET CREATIVE**
Color, draw, or paint. A creative outlet is a fun way to chill out and take a break.
- PLAY WITH A PET**
Our animals are always there for us, they'll be happy for some extra attention, and taking the moment to relax with them will help you too!
- BAKE**
Baking is a great way to take time for yourself! Enjoy the delicious food and great smells you just created!
- MOVE**
Go for a walk, do yoga, dance to your favorite song! It doesn't need to be complicated, but adding a few minutes of movement can be a game changer when counteracting stress!

HOW TO FIND INFORMATION

Questions About COVID-19?

Visit our [Frequently Asked Questions page](#)

Our most commonly answered questions can be found there, and are updated often.

Call the COVID-19 Hotline at 888-535-6136.

Email COVID19@michigan.gov.

USEFUL RESOURCES

HealthData.gov

Michigan.gov

Western Upper Peninsula Health Department

JOHNS HOPKINS UNIVERSITY

COPPER COUNTRY STRONG

To stay up-to-date on Michigan Tech's response, visit: mtu.edu/flex/

ON CAMPUS TESTING

Rozsa Center
Monday-Thursday
9:00A.M. - 1:00P.M.

FREE AT HOME COVID TESTS

[WWW.COVIDTESTS.GOV](https://www.covidtests.gov)